



REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES

AVAILABLE ON DEMAND

RESTORATIVE YOGA TEACHER TRAINING

an exhale, embodied

INFO PACKET • 2026

ONLINE • SELF-PACED • ON DEMAND

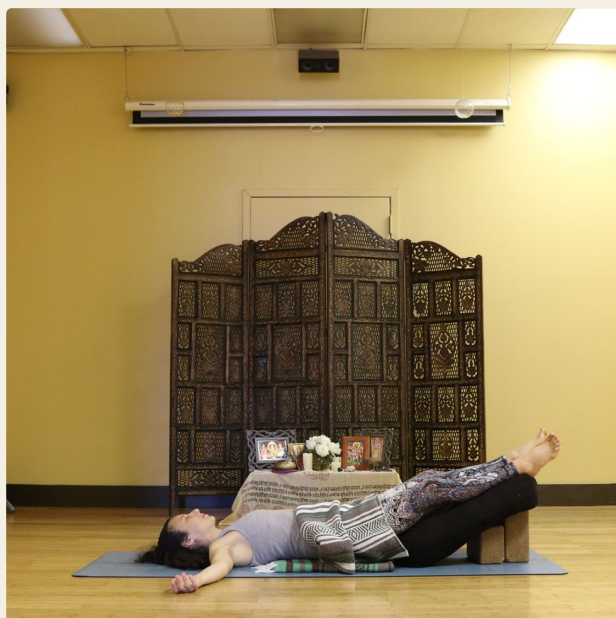
A PRACTICE FOR MODERN LIFE

In a culture that constantly emphasizes productivity, stimulation, and performance, restorative yoga offers something radically different: space to slow down.

An on-demand immersion into the art of deep rest, nervous system support, compassionate teaching, and restorative healing practices.

Restorative yoga is a practice of nervous system regulation, deep support, stillness, healing, receptivity, and conscious rest. Rather than pushing the body, restorative practices create conditions that allow the body and mind to soften, recover, and restore balance.

This training explores restorative yoga not simply as a sequence of poses, but as a **deeply supportive approach to teaching and living.**



Sometimes the deepest healing begins when we finally allow ourselves to slow down.

FORMAT

ON DEMAND • SELF-PACED

CERTIFICATION

RESTORATIVE YOGA TEACHER CERTIFICATION

TUITION

\$247 • ONLINE

ACCESS

LIFETIME ACCESS

CONTINUING ED

YOGA ALLIANCE CE FOR RYT5

ENROLLMENT

OPEN YEAR-ROUND

FIVE PATHS TO THE PRACTICE

Appropriate for both teachers and dedicated students interested in restorative practices and nervous system healing.

i.

YOGA TEACHERS

Teachers seeking to bring more nervous system support, accessibility, and compassion into their classes.

ii.

WELLNESS PROFESSIONALS

Therapists, healers, bodyworkers, caregivers, and wellness practitioners interested in restorative methodologies.

iii.

DEDICATED PRACTITIONERS

Students seeking deeper understanding of rest, recovery, mindfulness, and subtle practice.

iv.

HIGHLY SENSITIVE + BURNED-OUT INDIVIDUALS

Those interested in learning practices that support stress reduction, grounding, and regulation.

v.

LIFELONG LEARNERS

Individuals drawn to slower, more introspective, and healing-centered practices.

The art of deep rest.



WHAT YOU WILL STUDY

Eight integrated modules, woven slowly, taught with care, returnable as often as the work asks.

01

FOUNDATIONS OF RESTORATIVE YOGA

The purpose, philosophy, and energetics of restorative practices, and why this work matters.

03

SUPPORTED POSTURES + PROP USAGE

How to safely and intelligently use props to create deeply supported restorative experiences.

BOLSTERS • BLANKETS • BLOCKS • STRAPS • CHAIRS •
WALL SUPPORT

05

BREATHWORK + MEDITATION

Gentle pranayama, mindfulness, and meditative awareness practices integrated into restorative environments.

07

HANDS-ON ADJUSTMENTS + MARMA

Compassionate hands-on assists, supportive touch, and an introduction to Marma points (Ayurvedic energy points) to deepen the restorative experience.

02

NERVOUS SYSTEM REGULATION

The relationship between restorative yoga, stress reduction, rest, recovery, and the parasympathetic nervous system.

04

RESTORATIVE SEQUENCING

How to build intentional class sequences that support grounding, regulation, recovery, and energetic balance.

06

TRAUMA-AWARE + INCLUSIVE TEACHING

Creating emotionally safe, accessible, and compassionate spaces that support students with diverse needs.

08

TEACHING METHODOLOGY

Voice, pacing, cueing, energetic presence, room atmosphere, and the subtle art of holding supportive space.



BEYOND RELAXATION

Restorative yoga is often misunderstood as simply "easy yoga." In reality, restorative practice requires more presence, not less.

This training explores restorative yoga as both a healing modality and a philosophy of compassionate slowing down. Students explore how rest itself can become a profound practice of awareness, healing, and reconnection.

Restorative work asks for attentiveness, sensitivity, presence, intentional support, emotional awareness, and subtle teaching skill.

ATTENTIVENESS

SENSITIVITY

PRESENCE

INTENTIONAL SUPPORT

EMOTIONAL AWARENESS

SUBTLE SKILL

ON-DEMAND LEARNING

LEARN AT YOUR OWN PACE

Currently offered entirely on demand, so you can move through the material at a pace that supports integration and reflection, revisiting it as often as needed.



RECORDED MODULES

each lesson at your own pace

PRACTICE DEMOS

breakdowns of every supported pose

LECTURES

philosophy + nervous system content

GUIDED PRACTICES

restorative classes to take yourself

SEQUENCING INSTRUCTION

templates for full-length classes

DOWNLOADABLES

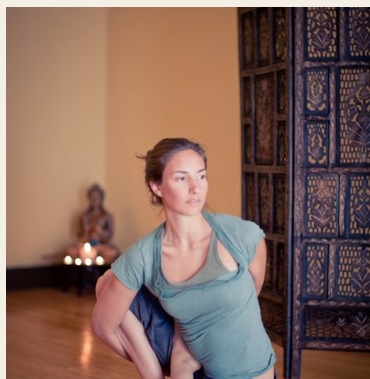
manuals, scripts, prop guides

SELF-STUDY

reflection + integration prompts

TEACHERS WHO LIVE IT

Revolution Yoga's teacher trainings are guided by founder and director Amanda DiGiovanna, lead teacher trainer at Revolution Yoga, whose own study spans yoga, philosophy, and Ayurveda.



LEAD TEACHER TRAINER

AMANDA DIGIOVANNA

Founder / Director · Revolution Yoga

Amanda began her personal yoga practice over 28 years ago. She holds a BA in Psychology from the University at Albany, graduated Sonic Yoga's 200-Hour Vinyasa Teacher Certification in 2007, and in 2009 Revolution was born. She weaves yoga, philosophy, and Ayurveda, yoga's sister science, into her teaching.

- Restorative Yoga and Yoga Nidra Training with Evangeline Houlihan
- Restorative Yoga Training, Jivamukti Yoga School (Lakshmi Devi)
- Marma Practitioner, studied under Virabandra Tansy and Yamuna Bihari (2022)
- Hands On Adjustment Training, Om Factory (Jonathan Bowra)
- Thai Yoga Massage Training, Om Studios (Jyothi Watanabe)

STUDENT EXPERIENCES • IN THEIR OWN WORDS

“

This training completely changed the way I understand rest and healing. I came in thinking restorative was just "easy yoga." I left with a whole different relationship to my body and my work.

GRADUATE • RESTORATIVE YTT, 2024

“

The teachings supported not only my students, but my own nervous system and life. I came to the training burned out and left it knowing how to rest as a discipline.

GRADUATE • RESTORATIVE YTT, 2025

INVESTING IN YOUR PATH

\$247

*Online · Self-Paced
Lifetime access*

FORMAT

ON DEMAND · SELF-PACED

Self-guided online, from anywhere.

START

SAME DAY YOU ENROLL

Open year-round. Begin the same day you enroll.

ACCESS

LIFETIME ACCESS

Lifetime access to all modules and updates. Your pace, no deadline.

01

ENROLL ONLINE

Enroll at shop.revolutionyogaspaces.com/products/restorative-yoga-teacher-training-online.

02

CHECK YOUR EMAIL

Access details arrive by email right after purchase.

03

LEARN IN GOOGLE CLASSROOM

Self-paced in Google Classroom. Includes modules, demonstrations, manual, guided practices, scripts, and downloadable resources.

04

YOUR CERTIFICATION

Restorative Yoga Teacher Certification on completion. Yoga Alliance CE credits available for current RYT's.



07 • ENROLL + CONTACT

STEP INTO THE PRACTICE OF REST

Whether you're a teacher seeking new tools or a dedicated student called to slow down, this training offers a deeply supportive path into restorative practice.

ON-DEMAND ENROLLMENT

**ENROLL TODAY -
BEGIN TODAY**

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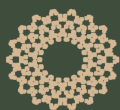
revolutionyoga@gmail.com

CALL

516.619.6421

HOW ACCESS WORKS

Self-paced in Google Classroom. Access details arrive by email right after purchase.



Revolution Yoga Institute for Yoga Studies · Rockville Centre, NY